



General Body Elects Two Tribal Council Members

The General Body elected Andy Whitener and Pete Kruger to the Tribal Council during the Annual General Body Meeting held Saturday, May 2nd. Andy will serve as Treasurer and Pete will serve as Secretary.



Pete Kruger, Secretary



Andy Whitener, Treasurer

KTP Sponsors

International Basketball League Team Event

The International Basketball League's 2009 season began May 9th with a game between Olympia Reign and the Seattle Mountaineers. The game was held at the Squaxin Island Tribal Center gymnasium, beginning at 7:00 p.m. A free basketball clinic for Squaxin Island tribal youth, age groups K-12, took place before the game, beginning at 5:00 p.m.

The game was the inaugural celebration for Olympia Reign, a new team owned by Mark Felton, of Olympia, and sponsored by Kamilche Trading Post.

Continued on Page 12



ATTENTION ALL STUDENTS

Graduating in 2009

Do you know someone who is graduating high school, has received their GED, has completed their AA or BA degree, has received their certificate for vocational or technical college program, or obtaining their Master's degree? If so, please contact Lisa Evans at 432-3882 ASAP. The Tu Ha' Buts Learning Center and the Squaxin Island Education Commission would like to recognize these individuals at the Twelfth Annual sgwigwi Celebration.

12TH Annual Sgwi-gwi Celebration

Friday June 26, 2009

5:00pm Little Creek Events Center

Contact: Lisa Evans, Education Assistant
70 SE Squaxin Lane
Shelton, WA 98584

Phone: (360) 432-3882
Fax: (360) 426-7897
email: levans@squaxin.nsn.us

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Squaxin Island TRIBAL NEWS

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www.squaxinisland.org



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
MISTI SAENZ-GARCIA: 1st Council Member
MARCELLA CASTRO: 2nd Council Member
CHARLENE KRISE: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us

Walking On

Joseph W. Seymour

Joseph Hugh Seymour, Sr., 63, a beloved Squaxin Island Tribal elder and resident of Albuquerque, NM, entered into eternal life on May 7th.

Joseph was preceded in death by his parents, Roy and Clara Seymour. He is survived by beloved wife of 41 years, Faye May Seymour; his children, Jonella Seymour and friend Meisha Walters, Melissa Tauala, Melanie Seymour and spouse Steve Scott, all of Albuquerque, NM, Joseph H. Seymour, Jr. of Shelton, WA; six grandchildren, Maria, Jeremy and William Tauala. Elizabeth, Clara and Sam Seymour; brothers and sisters, Edward Claplanhoo and wife, Thelma, Phillip Martin, Sr. and wife, Lynell, Lucille Hause, Lila Jacobs, David Seymour and Elizabeth Perez, all of Washington State, and numerous nieces, nephews, relatives and friends.

Joseph was a lifelong member of the Catholic Church and a Marine Corps. veteran of 26 years (combined active and reserve duty) who was proud to serve his country during the Vietnam era. He retired as a Sergeant. Joseph also worked at SIPI Academy for many years and enjoyed trips to the casinos where he especially loved to play Bingo. Joseph also enjoyed playing computer games, golf and was very active in the annual Tribal Canoe Journeys in his home state of Washington.

Services were entrusted to:
Garcia mortuary
717 Stover SW
Albuquerque, new Mexico 87102
505-243-5222

A rosary was held Wednesday, May 13 and a funeral mass at 10:00 a.m. on May 14th at Sacred Heart Catholic Church in Albuquerque. Please visit the funeral home web site to leave your condolences and photographs for the family. <http://www.danielsfuneral.com/obi.html>

A Celebration of the Life of Joseph H. Seymour Sr. was held Friday, May 22, 2009 at 10:00 a.m. in the Squaxin Island Gymnasium.



Special Thanks

*Thank you to Whitney Jones
for putting the Silent Auction together!!!*

*Thank you to Cameron Goodwin for the donations
from Little Creek Casino Resort for the Silent Auction!!!*

- Squaxin Island Elders

Cashier for Housing/ Utilities/Court

Daily Hours:

7:30 a.m. - 12:00 p.m.
12:00 p.m. - 1:00 p.m. lunch
1:00 p.m. - 4:00 p.m.

We accept Visa, Mastercard and
American Express.



Enrollment Committee

Tribal Council appointed 2 new members to the Enrollment Committee: Rhonda Foster & Sis Brownfield will be replacing Janita Johnson. We also welcome Sharon Haensly, Attorney from the Legal Dept.

The Enrollment Committee will meet on the 2nd Tuesday of each month.

The Enrollment committee is an advisory board to the Tribal Council. They will have the ability to provide recommendations regarding changes in enrollment and are encouraged to discuss any potential changes to policy, requirements and the process of enrollment.

The committee would like to thank Janita for being a part of the Enrollment Committee. "We will miss her! :)"

A freeze on enrollment remains in effect until further notice. There is one exception to this moratorium: a child within his or her first year of birth who are at least 1/8th Indian blood and born to a tribal member.

Please contact Tribal Enrollment Office, Tammy Ford 360-432-3888 if you have any questions regarding enrollment.

Members are:

Vicki Kruger ~ Chair

Liz (Johns) Yeahquo ~ Secretary

Paula Krise Henry ~ Vice Chair

Margaret Henry ~ Member

Mary Whitener ~ Member

Joanne Decicio ~ Member

Rose Krise ~ Member

Diane Stymacks ~ Alternate

Rhonda Foster ~ Alternate

Sally Brownfield ~ Alternate

Charlene Krise ~ Council Rep

Staff:

Tammy Ford ~ Enrollment Officer

Sharon Haensly ~ Attorney



MASON COUNTY Parks and Trails

2100 E. Johns Prairie Road
P.O. Box 2286
Shelton, WA 98584
(360) 427-9670 Ext. 535
(360) 427-7765 Fax

May 11, 2009

Mr. David Lopeman, Chairman
Squaxin Island Tribe
SE 10 Squaxin Lane
Shelton, WA 98584

Dear Mr. Lopeman,

I just wanted to take this opportunity to thank you and the members of the Squaxin Tribal Council for your generous support of the Mason County Skatepark. It was truly a pleasure to meet you and the other tribal council members that attended the re-dedication program this past Saturday.

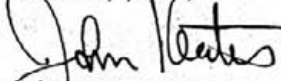
I think that you could see at the event Saturday that the skatepark is truly a county asset. It would have been a real loss to the youth of our County had we been forced to close it due to budget issues.

In challenging times like we are experiencing now one of the most rewarding experiences for me is seeing people help other people. The tribe's donation of \$7,000 for the skatepark operations is one of the most generous and gracious examples of community support that I have witnessed in my twenty-three years of work experience. I know the youth that use the skatepark are also very, very appreciative of your support also.

Additionally, including the radio station 97.7 "The Eagle" in the re-dedication program also a great addition. The radio coverage helped to publicize the event, but also provided the County a chance to tell people about our parks in Mason County and the challenges we are facing.

In conclusion, thank you again so much for your support! It's nice to know that the youth of our county will still be able to use the skatepark this year.

Sincerely yours,


John Keates, Director
Mason County Parks



EDUCATION



Language Center News

Barbara Whitener will be out of town for personal reasons from May 15 through June 16. She will remain available by email at cicalali3@aol.com and by cell phone at 360-490-2720.

Please remember the Lushootseed language is available on interactive CD-Roms in the computer centers of the MLRC and the Learning Center. These lessons are fun and self-paced. Squaxin Island community members

may use them for FREE! With dedication, other learners have proven the basics of the language can be learned through these lessons. At this time Lessons 1-21 are available; there are 27 lessons in all.

Squaxin Youth Cultural, Educational and Activities Calendar June 2009

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm	1 Softball 3:30-6pm 3pm Ping Pong 4pm WSU Nutrition	2 Softball 3:30-6pm 4pm WSU Nutrition 4pm Wii	3 Softball 3:30-6pm 4pm WSU Nutrition 5pm Youth Council	4 3pm Board Games 3pm Snack/Wii Baseball 4-6pm	5 3pm Board Games 3pm Snack/Wii Baseball 4-6pm	6
7	8 Softball 3:30-6pm 3pm Ping Pong 4pm WSU Nutrition	9 Softball 3:30-6pm 4pm WSU Nutrition 4pm Wii	10 Softball 3:30-6pm 4pm WSU Nutrition 5pm Youth Council	11 3pm Board Games 3pm Snack/Wii Baseball 4-6pm	12 Last Day of School!! Wa He Lut	13
14	15 Softball 3:30-6pm 3pm Ping Pong 4pm WSU Nutrition	16 Softball 3:30-6pm 4pm WSU Nutrition 4pm Wii	17 Last Day of School!! Shelton	18 Last Day of School!! Griffin	19 Health Fair	20
21	22 CLOSED Summer Rec. Training and Prep	23 CLOSED Summer Rec. Training and Prep	24 CLOSED Summer Rec. Training and Prep	25 CLOSED Summer Rec. Training and Prep	26 CLOSED Squigvi 5pm Events Center	27
28	29 Summer Rec. Registration 8:30-12pm 1-5pm	30 Summer Rec. Registration 8:30-12pm 1-5pm	July 1 Summer Rec. Registration 8:30-12pm 1-5pm	July 2 Summer Rec. Registration 8:30-12pm 1-5pm	July 3rd CLOSED 4th of July Holiday	Homework Help is available Mon-Thur From 3:30-5:00!!



A Few New Suicide Prevention Resources...

Ensuring the Seventh Generation: A Youth Suicide Prevention Toolkit For Tribal Child Welfare Programs. Published by the National Indian Child Welfare Association (NICWA): <http://www.nicwa.org/YouthSuicidePrevention-Toolkit/YSPToolkit.pdf>

U.S. Preventive Services Task Force (USPSTF) Recommends Screening Adolescents for Depression. The USPSTF now recommends screening adolescents for clinical depression when appropriate systems are in place to ensure accurate diagnosis, psychotherapy and follow-up care. This applies to all adolescents 12 to 18 years of age. In a separate recommendation, the Task Force found insufficient evidence to assess the balance of benefits and harms of screening children 7 to 11 years of age for clinical depression. The recommendations and the accompanying summary of evidence appear in the April 2009 issue of Pediatrics. The complete Task Force recommendation can be found at: <http://tiny.cc/lh603>. Other clinical preventive services recommended for adolescents by the USPSTF include chlamydia screening and Pap smears for sexually active young women, screening for other STDs for high risk persons, screening and counseling for tobacco use, and immunizations recommended by the Advisory Committee on Immunization Practices (ACIP).

Breaking the Silence: Community Awareness Video and Discussion Guide. Developed by the Yamhill County Suicide Prevention Coalition in Oregon, this resource was developed to help communities talk openly about suicide and mental health issues. You can download the video and discussion guide at: <http://www.oregon.gov/DHS/ph/ipe/ysp/video.shtml>.

Is your patient suicidal? Poster and Triage Guide: <http://www.sprc.org/library/UsingIsYourPatientSuicidal.pdf>

There are a brief set of instructions for emergency department staff displaying the poster and referencing the resource guide. The poster (<http://library.sprc.org/item.php?id=583>), resource guide (<http://library.sprc.org/item.php?id=584>), and information insert can be ordered from the Emergency Nurses Association (ENA) through the ENA Marketplace (<http://www.ena.org/store>).

Childhood Predictors of Completed and Severe Suicide Attempts: Findings From the Finnish 1981 Birth Cohort Study. Sourander A, Klomek A, Niemela S, Haavisto A, Gyllenberg D, Helenius H, Sillanmaki L, Ristkari T, Kumpulainen K, Tamminen T, Moilanen I, Piha J, Almqvist F, Gould M. Arch Gen Psychiatry/Vol 66 (No. 4) April 2009. 398-406.

Remarkable new research from Finland demonstrated the ability of screening at age eight to identify the vast majority of boys who would go on to make serious, even lethal, suicide attempts by age 25. The simple screenings, conducted by parents and teachers, were able to detect high levels of psychiatric symptoms and identify 80% of the males that would go on to complete or seriously attempt suicide by age 25. For every 20 males that screened positive, one engaged in lethal or near lethal suicidal behaviors within the next 17 years. The finding only held for boys, though. "Severe suicidality in adolescence and early adulthood has different childhood trajectories among males and females," according to study's authors. The findings suggest that early detection, if coupled with effective interventions, could substantially reduce later severe suicidal behavior in boys.

A prospective, population-based study of 5302 Finns born in 1981 assessed the mental health status of the cohort at age eight using assessments by parents, teachers, and the subjects themselves. Parents and teachers assessed in three areas: conduct problems (disobedience, defiance, fits of temper, aggression or cruelty toward others), hyperactivity (inattentive behavior, short attention span, distractibility, restlessness, and hyperactivity) and emotional symptoms (shyness, anxiety, and withdrawal behaviors). The children also assessed themselves for depression symptoms. Death registries and hospital data were used to detect either deaths by suicide or suicide attempts requiring hospitalization before age 25 as outcomes of interest. Among the males in the study there were 13 suicides (54% of all deaths) and 17 serious suicide attempts. Among the girls, there were only 3 suicides (among 16 deaths total), but 25 serious suicide attempts. Of the 27 males who completed suicide or made serious attempts, 78% screened positive (fell above the 90th percentile) on the teacher or parent assessments at age eight. In multivariate analysis, boys with either emotional problems only or conduct symptoms only were approximately 6 times more likely to engage in serious suicidal behavior than boys who screened negative. Boys that screened positive for both conduct and emotional problems were more than 10 times as likely! Screening positive for self-reported depression was not associated with an increase in serious attempts or completed suicide. Unfortunately, no similarly predictive associations were found among the females in the study.

New Competition Will Award \$60,000 to Native Writers

The Alaska Federation of Natives is launching a new national initiative in the tradition of its successful Alaska Marketplace Competition.

Native Insight: Thoughts on Recession, Recovery & Opportunity is a writing competition crafted to tap the wisdom and ingenuity of Native communities, and to encourage Native thinkers to go public with their perspectives on the challenges and opportunities in the current economic and political landscape.

"The Native Insight Competition originated with a surprise announcement during the 2008 AFN Convention," said AFN President Julie Kitka, "A great friend of Alaska invited members of the Native community to share their fresh ideas about the challenges and opportunities of the current economic climate in writing – and he volunteered thousands of his own hard-earned dollars to seed the pool of award money."

When the competition winners are announced in October, \$60,000 will be distributed among three Alaska Native winners and three Native Hawaiian/Lower 48 winners, with opportunities for their winning essays to be published in Native journals and magazines across the United States. AFN is partnering with the National Congress of American Indians and the Council for Native Hawaiian Advancement to reach Native communities across the nation.

"Native communities have a wealth of knowledge and experience from engaging in commerce and trade over thousands of years," said Robin Puanani Danner, CNHA president and CEO. "The Native Insight competition is a dynamic platform that allows the ingenuity of our people to be shared."

The competition is open to Alaska Natives, Native Hawaiians and American Indians of all ages, 500-1,600 word essays are due Sept. 15. Essays must address one or more of three writing prompts focused on how the Native community can support economic renewal, what it will take for the American economy to rebound, and what the American leadership can do to jumpstart recovery. For more information on the Native Insight: Thoughts on Recession, Recovery & Opportunity, contact the Alaska Federation of Natives at (907) 274-3611, or by email at compete@nativeinsight.org.



Leslie Johnson - The Squaxin Island Tribe works hard to protect salmon fisheries, which we all know protects wildlife. This is why we struggle to keep out any added intrusions that will dirty the water, warm the creek, change the course of our very souls. This is the reason the Natural Resources Department is vital to our culture.

When I talk to Chambers of Commerce and other tourism groups, I say, "To our people, culture IS environment; environment IS culture; culture IS art; and of course, art is culture." We have survived by these truths. I continue with, "Our art is different than Southwest native art, which many believe is the only native art." I tell them that we are Salish Coast people, but that each tribe has a different way, because each community has a unique environment. The Squaxin Island people thrive on south Puget Sound, while the Makah live at the point where the Straits of Juan de Fuca and the Pacific Ocean meet. The Skokomish live on a river and Hood Canal. Of course we are different!

Tourism is all that you want it to be: A destination like SeaWorld, Hawaii, a Salish Cliffs Golf Course . . . bringing the kids to Forest Festival . . . the Canoe Family being part of the parade . . . your art, singing and drumming . . . the design of your drum, the beads and colors of your regalia . . . the toss of dice or a walk along Little Creek. Do you remember taking a drive to the ocean to dig razor clams? Our stories, our lands and our trading trails are traveled by everyone today and are now known as the Pacific Coast Highway, the Highway 101 Loop, also known as the Washington Pacific Coast Scenic Byway. These byways continue to be our lifeblood, from thousands of years ago up until today.

At a destination like Disneyland, tourism can take over . . . too many people . . . littering . . . destroying resources . . . overwhelming the people, the roads . . . even using up too much water. Within Indian Country, we all know what that means, and many of us rush to stop anything new. Or we suspect the "next big thing." "Been there, done that" is how this often translates to native people, "We are still there, and we still feel it."

Just what does tourism mean to tribal communities? Here at Squaxin, it is defined as being native and an invitation to non-natives to experience the Tribe's tourism venues. Think of this: whenever we travel on our Canoe Journeys, we are tourists. When we visit our families on other reservations, we are tourists. As we work and play at other tribal casinos, museums, hotels, we are tourists.

Visitors - especially since we hold our reservation so dear - must never use us up. For this reason, the Squaxin Island Tourism Department supports classes in basketry, drum-making and much more. Whenever possible - which is nearly always - these classes are free to tribal members, with a "break-even" fee if other community members join in.

Few classes are taught to outsiders. Even then, these students must sign a paper that they will never teach or sell their results! Tourism pays for Ruth Whitener to learn more so that she can keep her teachings fresh. Tourism also pays for the products you use to create items in the classes: beads, fabric, cedar, drum and hat molds and hides. Most of the time, when Ruth brings someone in to teach, that instructor's time is paid for by your tourism dollars. Your fee to learn is also paid by the tourism budget.

The Squaxin Island Tribe is a member tribe of Northwest Tribal Tourism, a group of 10 Tribes along the Olympic & Kitsap Peninsulas. In 2008, Northwest Tribal Tourism was made the manager of the Pacific Coast Scenic Byway, "The Hwy 101 Loop." NWTT is the only native manager of a non-native byway.

It is true there are native byways, one of the best known is in fact called "The Native American Scenic Byway" routing through North and South Dakotas. There are others located in states like Arizona. These byways are managed by their tribe or tribes.

Why does Pacific Coast Scenic Byway management matter? So often the full story starts with the "discovery of place." In 1492 ... This county was... The American story is... The city of ... World War II without the Japanese and the Jewish people tells no

story at all. A native perspective that ignores the founding fathers also does not tell the American story. Northwest Tribal Tourism brings the full flavor of our history into to the Pacific Coast Scenic Byway. When a tourist travels to places "untouched" in the Olympic Mountains, they will begin to hear the whispers of our ancestors. As they drive Hwy 101, we can tell the story of what these places along the byway mean. And, we can explain that this road was important to our tribal people too (trading routes).

Perhaps, more importantly, our children will be surrounded with pride of place. When a byway is managed by a group like NWTT, a richer story is told and shared with its own people. Pride of place is more than mere belonging. It is steeped within our lifeblood, our ancestors and generations to come.

It can also mean benefits to the tribal people. For example, as more people see native art, demand is created. When visitors see the fantastic art along the walls and rooms of the casino, when they see the fountain in front of the casino and when they hear our songs and the beat of the drums, they begin to hunger for more. They want that full story.

We also teach that this art is Salish art, remarkably different from Southwest native art. Visitors come to the museum to learn who these people are from the Southern Salish Seas, to view our complex culture as shown from the Mud Bay dig site.

Tribal people can take advantage of increased tourism by looking at the visitors' needs and desires. For example, create a business to supply traditional salmon bakes during the summer months or a catering business to serve traditional foods. Tribal artisans can form a co-op with a studio to demonstrate their art while also having a gallery to sell this same art. At Quinalt, also on the Pacific Coast Scenic Byway, existing fishing and hunting guides can benefit from increasing visits along the byway.

Our Elders' stories and knowledge can be strengthened because members thirst to know more about our ways. Not only does this strengthen our culture, it strengthens our bonds with our most important asset.

As I said earlier in the article, tourism is what you want to make it. The Squaxin Island Tourism Department works to protect the Tribe within and sometimes against the Tourism industry. All too often we have been told "This is how it must be," or are told the definition of our story. Its very important that natives tell the story - not those that often begin with, "This county was discovered in ..." ignoring that we were already here.

Leslie Johnson, Squaxin Island Tourism Department Director, is also a member of the Medicine Creek Nation through her membership with the Puyallup Tribe.



Museum Director Charlene Krise, Tourism Director Leslie Johnson and Cultural and Tour Coordinator Ruth Whitener



Latest Spring Rain Wreaked Havoc on Smolt Traps

Joe Peters - Heavy rain that fell May 4th through May 7th made for some high flowing South Puget Sound creeks. Three of the four weir smolt traps that Squaxin operates were blown out.

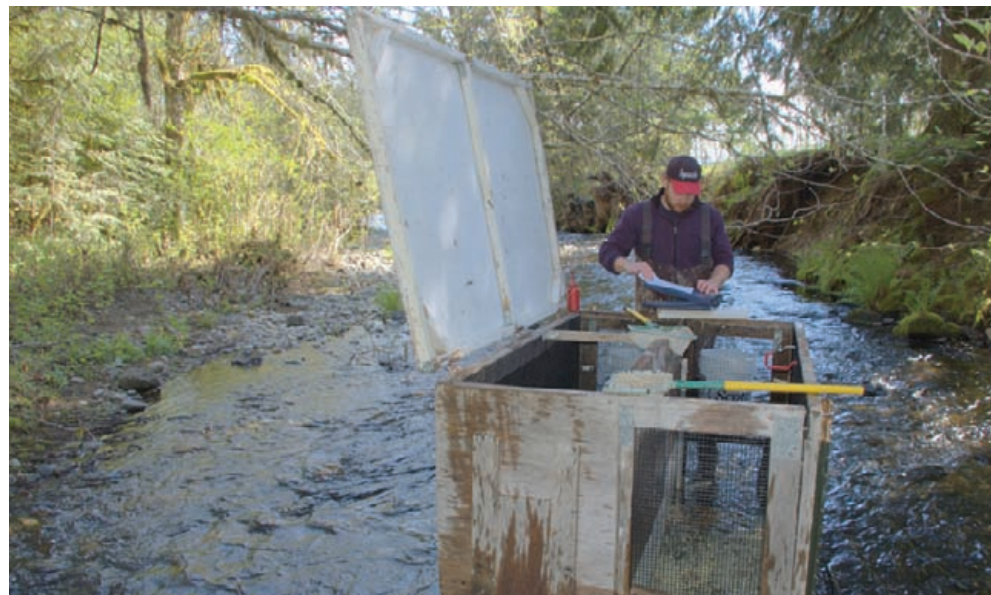
Luckily the traps are designed to blow out in high flow events. Each trap has "blow out panels." A section of the panel is held together by zip ties that eventually "pops" under enough pressure. At least that's what we hope happens. Sometimes the force of the creek will bend the T-post or snap the panels all together or even scour the creek bed under the panels. We were lucky with this rain event; we didn't have a whole lot of logs or debris washing out the entire trap.

Even the screw trap on Goldsborough Creek is not functioning properly. We are getting logs jammed in the trap and the diversion panels have been washed out.

Shelton accumulative rainfall was 3.62 during that time period. That's a lot of water raging down our little creeks.

Below is a snap shot of how much discharge Goldsborough Creek had.

As of Friday May 8th all of our traps were back to fishing for coho smolts, with the exception of Mill Creek. Water flow at Mill was still was high and it took a couple days until it was back to fishing.



Tracking Coho in Sherwood Creek

A pair of smolt traps is helping the Squaxin Island Tribe get a better picture of natural salmon production in the Sherwood Creek watershed.

"The Sherwood watershed is one of the most complicated systems in the Tribe's treaty-reserved fishing area," said Joe Peters, fisheries management biologist for the Tribe. Tribal biologists are unsure about how many coho are rearing annually in Schumacher Creek, a tributary to Sherwood Creek, which flows into Mason Lake. Sherwood Creek flows out of Mason Lake.

One smolt trap - a safe and effective devices for catching and counting juvenile salmon as they migrate to sea - is installed at the mouth of Schumacher Creek in the upper watershed just above Mason Lake. Another is operating near the mouth of Sherwood Creek close to where it enters Puget Sound.

"By counting the coho that migrate through both parts of the watershed, we'll get a better idea of how productive the upper watershed is compared to the entire watershed," Joe said. Tribal technicians mark each of the coho caught in the upper trap so the fish can be identified if they are caught again in the lower trap.

"We've had a smolt trap at the mouth of Sherwood for years, so we have a good idea of the total production of the system," Joe said. "But, we don't know how many come out of Schumacher into the lake and then how many of those end up leaving freshwater entirely."

Unlike other salmon species that leave for the ocean almost immediately after emerging from the gravel, coho spend an extra year in freshwater.

"Because they spend so long in freshwater, coho are much more vulnerable to habitat degradation," Joe said.

The two-trap study dovetails with a juvenile coho survey conducted last summer by tribal biologists. Using habitat and stream temperature data, biologists looked for places where juvenile coho were rearing throughout the watershed.

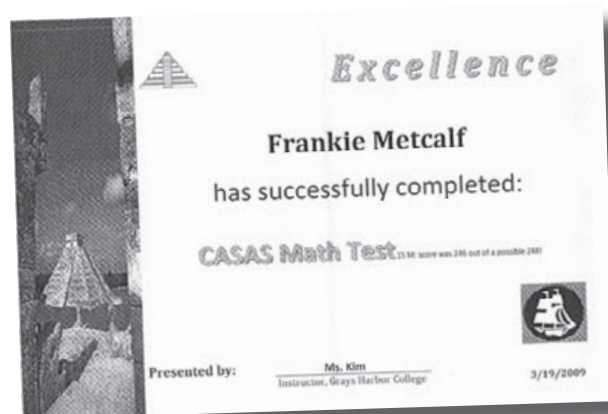
The Tribe operates smolt traps on five creeks across the South Sound to track the health of salmon populations. The traps operate until the end of June, when most salmon smolts have migrated to sea. Tribal staff checks the traps at least twice a day, noting species types, sizes and lengths.

For more information, contact: Joe Peters, fisheries biologist, Squaxin Island Tribe, (360) 432-3813. Emmett O'Connell, information officer, NWIFC, (360) 528-4304, eoconnell@nwifc.org.



Congratulations Frank Metcalf

Hi, I'm Frank Metcalf. I have been going to the Grays Harbor College. I passed the CA SAS Employability Math Test which is mandated by the federal government. I only missed one problem. My score was 246 out of a possible 248! I attended 62 hours of classes to study for this test.



Tribal Council Resolutions

09-23: Approves the agreement between the Squaxin Island Tribe and Fourprints Communication, LLC.

09-24: Authorizes submission of a grant application to the U.S. DOJ COPS TRGP grant program for additional funds to support the Squaxin Island Tribal Public Safety & Justice Department

09-25: Proclaims Census 2010 as a top priority

09-26: Authorizes submission of a DOJ grant application (three-year) to the COPS CHRP grant program to hire 2 new police officers

09-27: Authorizes the Northwest Indian Treatment Center to submit a grant application with the U.S. Department of Health & Human Services, to the SAMHSA grants to expand substance abuse treatment capacity in targeted areas of need-local recovery-oriented systems of care

09-28: Authorizes the Squaxin Island Tribe's Education Department to submit a grant application with the U.S. Department of Justice for four years to the Recovery Act - Local Youth Mentoring Initiative

09-29: Authorizes SPIPA to submit a grant proposal with the DHHS CDC for expansion of cancer screening services to include colorectal cancer screening

09-30: Authorizes submission of a grant application to the Recreation and Conservation Office for funding for a skate park and further resolves to provide matching funds

09-31: Approves the Comprehensive Park and Recreation Plan

09-32: Authorizes submission of the Indian Housing Plan for the Squaxin Island Tribal Housing Program for Fiscal year 2009 to the Department of Housing and Urban Development

09-33: Authorizes use of NAHASDA funds for infrastructure for multi-family housing and further authorizes the Planning Department to submit an application through HUD under the NAHASDA program for the competitive grant for design and construction of energy efficient multi-family housing units

09-34: Resolves not to object to specific assertions of concurrent state authority in regard to the state lottery

09-35: Grants permission to the University of Washington Law School to submit a grant supporting the development of a research regulatory process at Squaxin Island informed by tribal member consultation

09-36: Authorizes submission of a grant application to the U.S. DOJ BJA Recovery Act; assistance to Rural Law Enforcement to Combat Crime and Drugs grant program to address the critical need for additional funds to support the Squaxin island Tribal Public Safety and Justice in the effort to combat and prevent drugs related crime

36A: Authorizes the Northwest Indian Treatment Center to submit a grant application with Indian Health Service through the American Recovery and Reinvestment Act - Indian Health Service - Maintenance & Improvement Fund



09-37: Authorizes the Squaxin Island Health Department to submit a grant application with Indian Health Service, through the American Recovery and Reinvestment Act - Indian Health Service - Maintenance & Improvement Fund

09-38: Authorizes submission of a grant application to the U.S. DOJ Office of Justice Programs' Bureau of Justice Assistance Recovery Act: Edward Byrne Memorial Competitive grant program to address the critical need to enhance the public safety system by providing funds for forensic personnel, software and equipment

09-39: Designates the Executive Director as the authorized representative to obtain federal and/or state emergency or disaster assistance funds on behalf of the Tribe

09-40: Adopts Animal Control provision to be made part of the Squaxin Island Tribal Code

09-41: Authorizes submission of a funding request to the Bureau of Indian Affairs for implementation of a tribal Timber, Fish & Wildlife Program

09-42: Resolves to change the alphabetic breakdown of the sign-in list and election ballot tables in order to more expeditiously conduct sign-ins and ballot distribution



Congratulations Tracy Bogart and Rene' Klusman

BIA United States Indian Police Academy Graduates

Rene' Klusman and Tracy Bogart, Squaxin Island Tribe Law Enforcement Officers, graduated from the BIA United States Indian Police Academy May 7th at the Federal Law Enforcement Training Center in Artesia, New Mexico. They had been in training there since January 20th. Rene' is the daughter of Lil and Pete Kruger and shot expert in the top of her class. Way to go Tracy and Rene'!!! Mom & Dad are so proud of you, Rene'.



Lil, Chief of Police Mike Evans, Rene' and Pete



Tracy, Mike and Rene'



Native Business

What should be the purpose of a tribal business? Is it employment where you create and employ as many tribal members as a business's cash flow can withstand? Or should the purpose of tribal business be to maximize efficiencies and drive dollars to the bottom line? I believe the answer is to make money because tribal enterprises tap into off reservation economies and redirect streams of cash flow back to the tribe. Then those dollars can be utilized to fund social service programs that fulfill member needs like health care, education, youth and elder care. Conversely, an inefficient business that is overstaffed is susceptible to perpetuating non performance by way of low morale and mediocre performance standards. Additionally, most of the profits at year end may be consumed by excessive payroll leaving insufficient dollars to be reinvested into other financial opportunities or used to support tribal programs.

I make the point that efficiently run businesses are essential to our long term survival. If we look to our past we can see how we need to move into the future. 250 years ago our ancestors knew how to live in harmony with the land. This was 105 years prior to the 1855 Point Elliott Treaty where local bands of Indians agreed to the confines of a reservation and relinquished their traditional hunting grounds for sovereignty and relief from the struggle against the tide of homesteading settlers. They understood how to harvest wild game, herbs, and stockpile rations to be used over lean months so they had enough calories to survive. They had to be masters of their environment with full knowledge of the world around them. Our ancestors built the culture we share today by leveraging resources and living efficiently.

In today's world the currency to survive and build a culture is not calories, it is dollars. People need money to buy food, put gas in their cars, and pay for insurance, health -care, and medicine. Dollars are necessary to fund programs such as education so that we may strengthen the minds of our people to understand today's world. Dollars are necessary to help us continue to build our culture and do so in a way that promotes economic expansion while retaining our unique identity.

Jim Stanley is a business banker located in Bellevue, WA. He partners with your Tribal newspaper to share his knowledge in hopes of providing useful information to you. He is a member of the Quinault Indian Nation, serves on the Quinault Nation Enterprise Board, and can be reached at sovereign.developments@gmail.com for your comments.

Jim Stanley, 425-283-8715





Spring Football Brings Opportunity for Tribal Member Michael Peters

Spring football practice is a chance for coaches and players to measure off-season conditioning success and provide an initial showcase for players to move up the depth chart and possibly define themselves as potential starters in the fall. Squaxin Island tribal member Michael Peters was red shirted this past fall. Red shirting is a designation that allows a player to practice but not play in any games. Time is spent learning "the system" (plays), conditioning and proving to coaches that you have what it takes to play college football.

Southern Oregon University held their Spring Football game Friday May 1st. The game is an intersquad game with the offense playing against the defense in game situations. Squaxin Island tribal member Michael Peters saw action as both a running back and fullback. "He (Michael) is our utility player," Running Backs Coach Stewart said referring to Michael's capacity to play two positions.

Although, spring practices are over conditioning and speed training begins immediately. Michael reports for fall practice Monday, August 3rd and his first game is August 29 against Eastern Oregon University in Ashland, OR. Side note: Michael was informed he has the highest grade point average on the football team. Congratulations Michael Peters for your success on the field and in school.



New Employees



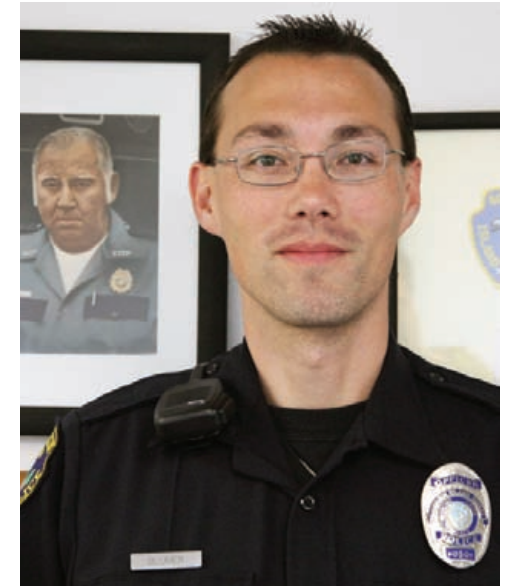
"Sis" Sally Brownfield
Tu Ha' Buts Learning Center
Director

Hi! I started as the Education Director on May 1. After spending many years as a classroom teacher, teaching at WSU, working with tribal schools and, most recently, working for the Office of the Superintendent of Public Instruction in Olympia, it is great to have the opportunity to work with my own tribe. I have always supported education in our community, whether it be with the education department or families needing resources or information about education at all levels.

I have lived down at Kamiliche Point most of my life. My family has lived there since the Indian Allotment and Homestead Act times. My Uncle, Dan Brown, and his family still live on the 50 acres that remain of that original piece. My parents were Kenny and Sally Selvidge. My late husband, Mike Brownfield, and I have two grown sons, Jess and Toby.

I am so excited to be working with and for the families of our tribe and with the schools, agencies and other tribal departments that serve them. We have some great programs going on here at the Tu Ha' Buts Learning Center and we have plans for so much more. Our families are fortunate to have such awesome support for education from the council and the whole community. Please stop in and visit. There

is a lot to do here, for and with the kids. Our community is filled with talented and gifted people who can help our young people grow and develop into strong individuals. I will be counting on everyone being a part of the continued efforts to support our youth.



Steve Blumer
Police Officer

Hi, I am the newest officer to the Squaxin Island Police Department. I have been here since April 1st. My name is Steve Blumer, even though a lot of people have met think my name is "new guy." I have lived in Lacey/Olympia area for the last 20 plus years.

My wife, Khristine and I have 3 wonderful daughters, Courtney - 16, Mikayla - 12 and Kaija - 7. I find that raising children can be more challenging than law enforcement sometimes. But, I would never give up the experiences and memories that we have together.

I am very excited to be a part of the Squaxin Island family. I have met a lot of wonderful people in just the short time I have been here. I hope to get to know more of you in the coming year. I will be on a brief absence the next couple of months at the police academy. But, when I come back I can't wait to see everyone again in housing, on the beaches and on the water. See you all soon.



Northwest

Indian Youth Conference

Bill Kallappa - The Squaxin Island Youth Council attended the Northwest Indian Youth Conference this past April. Twelve Squaxin Youth attended and had a great time experiencing new things along with other native youth from across Washington, Oregon and Idaho. The conference was hosted by the Coeur d Alene tribal youth council. The daily themes for the conference were: Physical, Mental, Spiritual and Social. Our youth were involved in every facet of the conference and Squaxin Island can be very proud of their youth as they represented their tribe well. The photos are of our youth participating in the 'Stick Game' tournament and Kassidy Whitener receiving an award as she set a National Record for high school girls for doing an exercise called a "wall sit" for 8 minutes and 6 seconds! A special thanks goes out to Jeremiah George and Madeena Rivera as this trip would not have been possible without them. The Youth Council continues to do great work in and around the Squaxin community and is working toward attending a National Indian Youth conference in San Diego, California next December!



Calling ALL

Squaxin Island Tribal Members

2009 High School Graduates, GED Recipients, College Graduates

Dear High School Graduate, GED Recipients, and College Graduates,

The Squaxin Island Tribal Council is very excited to offer the 2009 High School Graduate, GED Recipient and College Graduate Incentive Program to enrolled tribal members. Please be sure to mail proof of your high school graduation, GED certificate or college diploma to the Squaxin Island Tribe Education Department no later than Monday, June 1, 2009.

The following documents will be accepted as proof of high school graduation, GED certificate, and college graduation:

- Copy of diploma, or GED Certificate
- Certified letter from school admin.

Please return documentation no later than Monday, June 1, 2009 to receive your incentive.

The awards will be distributed at the Sgwi' Gwi celebration on Friday, June 26, 2009.

If you have any questions, please contact Lisa Evans, Education Assistant at (360) 432-3882.

Documentation can be sent to Lisa Evans, Education Assistant, 70 SE Squaxin Lane, Shelton, WA. 98584. Documentation can also be faxed to (360) 426-7897.

Scholarship Opportunities

AISES Travel Scholarship, application deadline 09/15/09: Information is available at www.aises.org/programs/scholarshipandinternships/scholarships

AISES Google Travel Scholarship, application deadline 09/15/09: Information is available at www.aises.org/programs/scholarshipandinternships/scholarships

AISES Google Scholarship, application deadline 06/15/09: New in 2008, the AISES Google Scholarship will fund scholarships awards to American Indian, Alaska native and Native Hawaiian AISES members pursuing degrees in the computer science, computer engineering and management information systems. AISES and Google support the advancement of American Indian and Alaska Native students working towards obtaining a degree in the fields computer science and technology so they can obtain the necessary skills to complete in today's global society.

A.T. Anderson Memorial Scholarship, application deadline 06/15/09: AISES' own scholarship program was established in 1983 in memory of A.T. Anderson (Mowhawk), a chemical engineer who founded AISES with six other American Indian scientist. Scholarship are awarded to members of AISES who are American Indian/Alaskan Native college students pursuing academic programs in the sciences, engineering, medicine, natural resources, and math.

ELIGIBLE MAJORS: AISES reserves the right to exercise discretion in determining whether students with majors that are not clearly within the hard science or engineering fields are eligible for scholarships. In these circumstances, AISES will thoroughly examine each application, and make an informed decision based on the information that is available, including but not limited to: 1) what school within the college/university the student is attending; 2) the student's current or expected course curriculum; and 3) AISES' current year funding levels, in order to make a determination.





International Basketball League Team Event

Continued from Page One



The International Basketball League is a fourth year basketball league featuring two rules to reduce dead time: 1) one time-out per quarter 2) an immediate inbound. The result is a very athletic game that is exciting to watch, says Martin Myers, Director of Marketing and Business Development for Island Enterprises, Inc. The IBL scoring average per team in its first three seasons was over 126 points per game.

Teams from Japan, China, Holland and Canada battle teams from across the western United States. The season ends June 30th.

The Squaxin Island tribal youth held a concessions stand during the event to raise funds for their programs.

The Olympia Reign coach and players facilitated the kid's clinic as a way to do something special for the tribe, and to give back to the community in return for the sponsorship.

"The kids had a blast," Myers said. "They also spent time chasing the players around for autographs. It was cute." Major league players, such as Shawn Kemp, have been seen participating in the events.

"The IBL is based on affordability for an owner," Myers said. "The team has been working on building a fan base since March of 2008."

Olympia Reign will have another home game on Thursday, June 25th. The double-header will begin with a 6:30 p.m. game pitting the Central Oregon Hotshots against the Seattle Mountaineers, followed by the main event at 8:00 p.m. - a game between the Chinese National Team, China Shanxi, and Olympia Reign. The event will be held at The Evergreen State College.

"So get out and show your support for your new professional team, and come to this event," Meyers said.

The Seattle Mountaineers are a non-profit organization. All players, staff and other organizational personnel are volunteers. The Mountaineers sat out the 2008 season, but returned to the IBL in 2009.

Special thanks go out to KTP and Bryan Johnson for making this possible.





May 19, 2009

Are dogs allowed to run loose on the reservation?

No. Dogs running at large off the premises of the owner must be under restraint by leash or chain 8 feet in length or shorter. (This information can be found in the revised Animal Control Ordinance)

How many animals is one household allowed to have?

According to the Animal Control Ordinance, Licensing of dogs, Section G; No person or persons in the same household may obtain more than 3 licenses pursuant to this section. Any owner who had 4 dogs licensed as of April 23, 2009 may continue to maintain those 4 dogs until one or more no longer reside on the property, after which the limit of 3 dogs will apply.

Are we allowed to have chickens and horses on the reservation?

No. According to the Animal Control Ordinance, 9.04.130 – Infractions; The following are declared to be infractions: M. Owning or allowing livestock and poultry on the Squaxin Island Tribal Reservation.

Upcoming Workshops

Dryer/Washer/Woodstove Care
Administration Bldg. 1st floor
May 27 @ 4:30 p.m.

One-on-One Credit Counseling
Administration Bldg. 2nd Floor
By appointment only

**Tools For Success
Financial Skills for Families**
(3-3 hour sessions)
Administration Bldg. 2nd Floor
June 15, July 13 & July 20
4:00 – 7:00 p.m.

Animal Care 101 Class #2
Administration Bldg. 2nd Floor
June 22 @ 4:30 p.m.

Plumbing Basics
Administration Bldg. 1st Floor
August 17th @ 4:30 p.m.

If you have any questions about the scheduled classes or would like to attend, please contact Lisa Peters @ 432-3871.

Pet Facts: Did You Know?

Female animals spayed before their first heat are typically healthier. Many veterinarians now sterilize dogs and cats as young as eight weeks of age. Check with your veterinarian about the appropriate time for this procedure. In 7 years one female cat and her offspring can theoretically produce 420,000 cats. The number of cats and dogs entering animal shelters each year is about 6-8 million. In 6 years one female dog and her offspring can theoretically produce 67,000 dogs. The number of cats and dogs euthanized by shelters each year is approximately 3-4 million.

Loretta Case, Shari Johns, Herb Johns, Jennifer Johns, Liz Kuntz, Addie Peters



Pet Care 101

On May 18, 2009, the Office of Housing sponsored a very informative class entitled "Pet Care 101," with 18 people present. Housing Enforcement Officer, Jim Reinhold and his dog, Toby, presented information on dog behavior & development, breed identification, dog attacks, dog training and some very interesting statistics regarding dogs and cats. Everyone enjoyed the "Jeopardy" game and the many door prizes that were given to participants. The next "Pet Care Class" will be held June 22, 2009 @ 4:30. Everyone is welcome so we hope to see you there.

10 Commandments for Pet Parents

1. Your pet's life is likely to last 10 to 15 years. Any separation from you is likely to be painful for them.
2. Give your pet time to understand what you want from them.
3. Place your trust in your pet; it's crucial for their well-being.
4. Don't be angry with your pet for too long, and don't lock them up as punishment. You have work, friends and entertainment, but your pet only has you.
5. Talk to your pet. Even if they don't understand your words, they do understand your voice.
6. Always be aware of how you treat your pet; they will never forget it.
7. Before you hit your pet, remember they could hurt you, but they choose not to.
8. Before scolding your pet for being lazy or uncooperative, ask yourself if something might be bothering them. Perhaps your pet isn't getting the right food, has been in the sun too long, or their heart might be getting old or weak.
9. Take care of your pet when they grow old. You too, will grow old.
10. Go with your pet on their ultimate journey. Never say you can't bear to watch and don't make me face this alone. Everything is easier for me if you're there



*Jim Reinhold and Toby
– Enforcement Officer*

The Squaxin Island Tax Site was recently recognized at the Northwest Native Asset Building Coalition Conference for their "Outstanding Tribal Program in the Asset Building Movement." The Office of Housing staff was presented with an award at a Networking and Honoring Banquet in early May.

Brad Henry, Rebeckah Ford, Paula Henry, Diane Stymacks, Talon Beattie



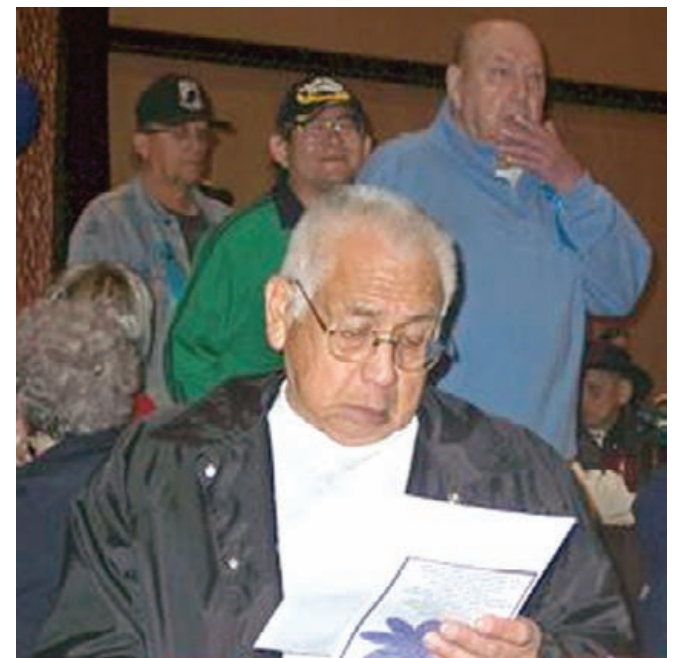
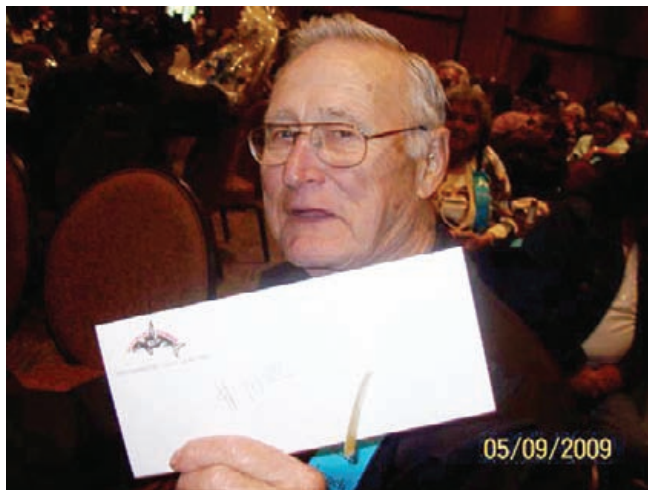


ELDERS



Visit to Tulalip

Rose Brownfield - The Elders attended luncheon at the Tulalip Nation on May 7th, and most of us came home with door prizes. **Cal Peters** won a prize for being the oldest man there.



*Photos by Jacqueline Crenshaw,
Rose Brownfield and Sharon Johns
More on Page 24*



Special thanks to Marge and George for being there to help Colleen and Ray set up for the Mothers Day dinner. You two do good work! Thanks a million!!! Glad you were there, since I didn't show up to help.
- Sharon Johns



Bagley Family Reunion

Many Thanks

Many thanks to all those who organized and contributed both their time and resources to make the BAGLEY FAMILY REUNION a great success. We are so fortunate to have so many family members willing to pitch in and go over and above the call of duty.

Everyone enjoyed visiting family members from near and far - catching up on the latest news. It's always nice to see those coming from out of town.

It is my sincere hope that this event be continued and held again next year. Wouldn't it be great if we could plan and event for later in the summer (maybe late June or late July) on the Island?

- Cal Peters

Mothers Day Dinner & Concert Thanks

Hello again from Sharon Johns. Here goes another great BIG thank you to Tribal Council, Little Creek Casino Resort and Ray Peters. What a wonderful way to spend Mothers Day Eve!

Colleen, our very thoughtful and giving coordinator, made us a fantastic prime rib dinner with glorious desserts and fantastic twice baked potatoes. The mothers got a great bouquet of flowers. Way to go Colleen, sorry you missed the concert because you had to clean up :(

The concert was really good; the seats were pretty full and the songs were sang by us all . . . right along with the band.

For some reason security stood by us the whole time, but that was okay. As usual, we clapped, whistled,

yelled and rocked out the best we could. We got our CDs signed and, get this, . . . I was even escorted to the side of the front of the stage by a very good looking man in a suit with no hair . . . He even had his hot hand on my back the whole time . . . oohhhh . . . Actually, I nagged him into walking with me. This same handsome bald man in his good looking suit stood by as I got to KISS Rob Grill, on my lips . . .

Thanks again to all who made this magical night possible! We are still wanting to go to more as we think of a way to thank you all. Bless you all.

- Sharon Johns

Congratulations Leila Whitener! Shelton High School Graduate, June 12th



We are very proud of you, Sweetie (Leila)! - Love, Mom & Dad

Photo taken at the Shelton Indian Education Awards Banquet



Photos by Sharon Johns



Diabetes Support & Education

Everyone is welcome—those with Diabetes or not.

Thursday, June 25th , 2009
2 sessions to choose from:
11 am to noon & 4 to 5 pm

Health Promotions Building

You can Take Charge of your Diabetes & Live a Long, Healthy Life

Questions? Contact Patty Suskin,
Diabetes Coordinator at (360)432-3929

CARROTS	ZUCCHINI	BANANAS	ORANGES	YOGURT
STRAWBERRIES	PEAS	PEPPERS	TOMATOES	ONION
POTATOES	BEANS	GRAPES	AVOCADO	BROWN RICE

Find These Yummy Foods

D R N A D Z S G T Z T Q U A B G T I U X
H E R S Y K L S L F G Y U U V A Z I E A
M D G A O O A T B P Y S H F I R J M L S
O E S N G N I O E N W T N Q X O D J F E
G I J A U I M R A P T R S Z O N S K M O
F C D N R O Y N N K X A O G R X G J N T
Y A S A T N I C S F Q W C Y A P I D W A
O R N B U C O W U F O B K Q N M J S V M
L R K U D P Z L A C U E Z N G K A R S O
B O S Z L O U S H X H R M U E L V E E T
E T N T N S C P X A P R W C S C A P P J
R S I O S X C O L G F I T E Z Y A P A F
B V D W C E H T V B V E X C H Y F E R O
C R L G P H I A F H N S P I C D W P G D
O L G I Y V N T W U G B F R Q E N X X A
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T I T C C R T S E U T D A O H J P R I V
D B P A B D B X A S N M L R Z K G C X A
P A C A F B Q G S U L B A B Z E V U B K

Find These Yummy Foods

The Dentist Is Here Four Days a Week!

Our Dentist, Dr. Keith Doyle, DDS, has recently expanded his hours from 2 days a week to 4 days a week at the Squaxin Island Health Center in the lower level. Call 432-3881 to make an appointment.



Family Meals: Set the Table for the Entire Family for a Lifetime

WSU Extension - Imagine this scene: You've cooked a meal and your entire family is home together at the same time. You're enjoying some spaghetti with tomato sauce, a salad, and whole-wheat garlic bread. Everyone's talking about their day and even sharing a laugh together.

Eating together as a family can make a huge difference in kids' lives. Meals together can be the family lifeline during hard times. Eating together gives you and your children a sense of belonging, a connection that allows them to be strong when challenged.

Family meals provide emotional, physical, intellectual and spiritual nourishment. Imagine how you, as a parent, feel when you're able to connect with your family in this powerful way!

Sharing a meal as a family can also reduce the risk of obesity in children, increase young adult's sense of self-esteem, decrease drug and alcohol use, and even save families money. Without a lot of effort or time, simply eating together as a family could actually change the direction of your child's and family's life.

What memories of family meals do you hope your children will cherish? What's for dinner at your house this week - and who will be enjoying it with you? What are some things you can do this week to make eating together possible? What can you do to adapt your schedules to make family meals more frequent?

Information from WA State Dairy Association & Touching Hearts, Touching Minds (www.touchingheartstouchingminds.com)





Linda Evans Lake and Aaron Lake

Enjoy Their GRuB Garden . . .

They are ready to enjoy some delicious greens! If you are interested in having a GRuB garden, contact Patty Suskin at 432-3929 to get on the waiting list for 2010. You can call GRuB directly at 753-5522.



Abuse is a Choice

Abusers know what they are doing and what they want from their victim. If no one speaks out against them, they will continue to abuse.

Abuse is about Control

Abusers often feel little control over other aspects of their lives, so they attempt to control their partner in order to ease this insecurity.

Abuse may follow a pattern

Abusers may have once been a victim. Anger and violence may seem like a normal way to express anger and frustration.

Effects on Victims

An abusive dating relationship has many negative effects on the victim. Things like emotional and physical suffering are negative effects that often come to mind immediately. Other long-term consequences include:

- Depression and suicidal thoughts
- Eating disorders
- Drug and alcohol abuse
- Medical problems
- Emotional and psychological trauma
- Inability to succeed in school or at work
- Post-traumatic stress order

The victim of an unhealthy dating relationship may create a new pattern of behavior for themselves, and in turn, risk losing things like:

- Trust
- Friendships
- Behavioral patterns of a good relationship
- Future relationship
- Healthy thought patterns
- Self-esteem

Effects on Abusers

An abusive dating relationship can have long-term effects on the abuser. While the abuser may get what he/she wants in the short-term, these consequences may follow:

- Alienating their friends and family
- Losing respect of their peers
- Being alone
- Losing their job
- Having a criminal record (and losing personal freedom)

Abusers create a pattern of behavior for themselves, which puts them at risk for ruining future relationships. The earlier this problem is recognized, the sooner it can be addressed.

If you have questions on domestic violence, Elder abuse, teen dating violence, or stalking, please call Gloria J. Hill
360-432-3927

ALL CALLS ARE CONFIDENTIAL!!!



HEALTH & HUMAN SERVICES



Need Food? Check these out..

WIC (Women, Infants & Children) at SPIPA

Provides healthy foods & nutrition information for you and your child up to age 5

Please bring: your child, medical coupons or paystub, & identification

Monday, June 8, 9:00 a.m. to 4:00 p.m.

Contact Debbie Gardipee-Reyes at 462-3227

Commodities at SPIPA

Monday: June 1st, July 6th & August 3rd from 10:00 a.m. to noon

Contact Shirley or Bonita at 438-4216 or 438-4235

Squaxin Island Tribe Food Bank

At Health Promotions Building If you need access to the food bank at any time once a week, just stop by. If possible, Wednesday is the best day. If you would like to be on call list for when we receive fresh produce or bread, let me know. Contact Melissa Grant (360)432-3926

Healing Tea Garden

The Northwest Indian College
Diabetes Prevention through
Traditional Plants Program

Hosted by
Cowlitz Indian Tribe
Health Education
Contact: Maggie Miller
(360) 575-6229

Wednesday June 10th, 2009

Longview Women's Club
835 21st Ave
Longview, WA 98632

Agenda

9:30 Welcome & Tea

10:00 Cowlitz Cultural & Natural Resources Presentation.

10:30 Healing Gardens 101

12:00 Healthy Lunch

1:00 Continue gardening
Traditional Teas

3:00 Safe travels home

Directions

From Seattle: Take I-5 South to exit 36.

From Portland: Take I-5 North to exit 36
Call Maggie @ 360-219-3669 if you need help with directions on the 10th.

Merge onto WA-432 W toward WA-4 Long Beach/ Longview.

Turn Right at 20th Ave, Left at E Kessler Blvd, and right onto 21st Ave.

Destination is a brown building on the left.

Hotels (Longview, WA 98632)

Monticello Hotel	(360) 425-9900
Starting @ \$60/night	1405 17th Ave
Rodeway Inn	(360) 423-6980
Between \$50-\$60/ night	1808 Hemlock



Nature's gift to you.
Your gift to your kids.

Fresh, canned, or frozen. Offering a variety of vegetables to your kids now is a gift that will last them a lifetime.



This material was funded by USDA's Supplemental Nutrition Assistance Program

**Tired of Spring Cleaning?
Try Spring Cooking!**

**Savor Nature's
Seasonal Gifts**
A Hands-on Cooking Workshop
learn & share seasonal foods

Tuesday, June 16 @ 4pm
Health Promotions Building

Contact Kate Dugan at 432-3884 or
kadugan@wsu.edu with questions.

WIC has New Food Choices Coming in October!

Check these out:

- Fully breastfeeding packages will get the biggest WIC food package! More food than in the past... including: canned tuna, salmon, sardines or mackerel; milk, juice, eggs, bread, fresh fruits & vegetables, peanut butter and beans.
- Breastfed babies over 6 months will get the most infant foods - baby food meats, jarred baby fruits & vegetables, and baby cereal.
- Partially breastfeeding moms will receive more food than postpartum moms.
- Postpartum moms not breastfeeding will be eligible for WIC for only 6 months after the baby is born.
- Breastfeeding moms are eligible for WIC for one full year after the baby is born.
- The amount of formula provided for infants will be reduced.
- No juices until after 1 year old
- Children at age 2 or over will receive 2%, 1%, or fat free milk only (whole milk will not be available).
- Children's packages will include 1 pound of cheese only.
- 1-4 year olds and women will receive vouchers for fresh fruits and vegetables
- 1-4 year olds and women will receive 100% whole wheat bread, tortilla, oatmeal, bulgur or brown rice.

For additional information, check out Washington State WIC web site <http://www.doh.wa.gov/cfh/WIC/newfoods.htm>
or contact Debbie Gardipee-Reyes at 462-3227



Weight-Loss Tip: First, Make Sure You're Ready

Source: Mayo Clinic Staff. Submitted by Dave Caulfield with modifications by Patty Suskin

Being at a healthier weight can allow you to live a longer life and be there for your kids, nieces, nephews, grandkids, and great –grand kids! Your weight-loss success depends on your readiness to take on the challenge. These questions can help you judge whether now is the best time to start your weight-loss program.

- **Are you motivated to make long-term lifestyle changes that require eating healthy foods and exercising more?** Be honest. Knowing you need to make changes in your life and feeling up to the challenge are two different things.
- **Do you currently have distractions in your life that could affect your commitment to a weight-loss program?** You may set yourself up for failure if you're distracted by other major events in your life, such as marital problems, job stress, illness or financial worries. Give your life a chance to calm down before you start.
- **Do you truly believe that slower is better?** Losing weight at a relatively slow pace has proved safe, healthy and effective over the long term. You should aim for a weight loss of ½ pound to 2 pounds a week.
- **Are you realistic about your weight-loss goal?** Remember, losing as little as 5 to 10 percent of your weight can improve your health if you're overweight or obese. This means, for example, losing 10 to 20 pounds if you weigh 200 pounds.
- **Do you have family and friends to support your weight-loss efforts?** It certainly helps to have someone in your corner. If you don't have someone you can rely on, consider joining a weight-loss support group.
- **Do you believe that you can change your eating habits?** Sounds easy to do in theory, but in practice, it's often difficult. It's hard to cast aside established behaviors and develop new lifestyle habits, but it can be done.
- **Are you willing to become more physically active?** Increasing your level of physical activity is essential to losing weight and keeping it off.
- **Will you take the time to keep records of your food intake and physical activity?** Keeping records increases your chance of success. You'll be pleasantly surprised by how helpful it is to track your progress.
- **Are you willing to look at past successes and failures in weight loss and other areas of your life?** Learn from the past about what motivates you. Keep working to resolve barriers that might prevent success.
- **Do you view a healthy-weight program as a positive experience?** Losing weight doesn't have to be a bad experience. Many people find they feel better when they're more active and weigh less.
- **Have you resolved any eating disorders or other emotional issues that make it difficult for you to achieve a healthy weight?** If you have a tendency to binge, purge, starve or overexert when you exercise, or if you're depressed or anxious, you may need professional help.
- **Do you believe that a healthy weight is a lifelong commitment?** Achieving and maintaining a healthy weight is a lifelong process. There's no going back to your old behaviors. Are you ready to make a permanent change? If you answered yes to all of these questions, you're ready to make the lifestyle changes necessary for permanent weight loss.

If you answered no to one or more of these questions, you may not be ready. And that's OK. Explore what's holding you back and face those obstacles. In some cases it may be a simple matter of timing. For instance, you may need to resolve other problems in your life. In other cases, you may need to work on related issues - such as your feelings toward weight loss or your willingness to commit to permanent changes.

You may be able to make these changes alone, or you may feel you need additional help. Educating yourself about the process of successful weight loss and maintenance is a start. For example, learn more about the eating & drinking changes necessary for

losing weight. Talk with our registered dietitian, Patty Suskin 432-3929 , or one of our counselors, Brenda Dorsey 432-3921 or Heidi Chambers 432-3913, for individual help. Or check with Melissa Grant, Diabetes Prevention CHR 432-3926 about how you may qualify for the Lifestyle Balance Program.

If you're ready for weight loss but fear you'll become discouraged quickly, think toward the future. As you become more physically active and make dietary changes, you'll feel better and have more energy. And rather than thinking of weight loss as a short-term drudgery, view it as an enjoyable, permanent lifestyle change. We want you to live a long, healthy life!

The Impact of Historical Trauma

By Brenda Dorsey, Counselor (360)432-3921 - It is no secret that Native Americans have suffered a history of genocide that remains unparalleled, not only in the United States but in comparison to the world at large. Unfortunately, the details of this struggle remain buried as the true story is rarely told in history classes. I often hear the statement from non-Native people that they are not responsible for what their white ancestors did to Native Americans. Withdrawal from blame is often a way of dismissing the truth of what their Native American friends have lived through - generation after generation of loss, loss of culture, loss of language, loss of land, loss of children through boarding schools, loss of loved ones through the introduction of alcohol and drugs, loss of an entire way of life that had purpose and structure.

Historical trauma or intergenerational trauma is similar to that suffered by the Jewish people as a result of the Holocaust, the Japanese Americans interned in California at the beginning of World War II and African Americans suffering the aftermath of slavery. Historical trauma generates such responses as survivor guilt, depression, low self-esteem, psychic numbing, anger, victim identity, death identity, thoughts of suicide, preoccupation with trauma and physical symptoms. Government-run Indian boarding schools compounded this with a loss of parenting skills, a loss of the child's identification with the parents and other complex family relationships. Children of boarding school survivors, without intending to, passed the trauma on to their descendants. An outrageous number of Native children were taken out of their homes and placed in white homes that punished them for speaking their language and honoring their own people. Difficulty overcoming grief is one of the most frequent symptoms we see. The death of one person is a reminder of the death of those already gone, and this can become a black hole of depression that can take many years to work through.

These injustices are painful for anyone to know but they are necessary for Native people to be able to come to terms with what they have been through and what they need for their healing. They are even more important for non-Native people who work with Natives to know and I urge you to read Howard Zinn's, "A People's History of the United States" which has been adopted as required reading in some high schools and colleges. Chapter 1, "Columbus, the Indians and Human Progress" covers early Native American civilization and the genocide and slavery committed by the crew of Christopher Columbus and the violent colonization by early settlers. In Chapter 7, "As Long As Grass Grows or Water Runs," is about 19th Century conflicts between the U.S. government and Native Americans and Indian removal from their lands.

In conclusion, an understanding of our past, as ugly and painful as it might be, is essential for dealing with the historic trauma we still see in the manifestation of both physical and emotional problems. Please take the time to learn history. It is so easy to do now, just Google your question and you will be given a thousand and one articles to read about it. You will find that the most effective means of healing historic trauma among Native Americans is to utilize traditional and cultural means as much as possible. Go back to the old ways to find the spirit of the ancestors who will tell you what you need to heal or be still by the water and listen to the answers that always lie within.



Warning Signs of Abusive Relationships

EXTREME JEALOUSY

Jealousy is a sign of insecurity and lack of trust, but the abuser will say that it is a sign of love. The abuser will question the victim about who they talk to, accuse them of flirting, or be jealous of time spent with their friends, family, or children. The abuser may refuse to let the victim work or go to school for fear of meeting someone else. The abuser may call the victim frequently or drop by unexpectedly. The abuser may accuse the victim of flirting with someone else or having an affair.

CONTROLLING BEHAVIOR

One partner completely rules the relationship and makes the decisions. This includes “checking up” on the victim, timing a victim when they leave the house, checking the odometer on the car, questioning the victim about where they go. They may also check the victim’s cell phone for call history, their email or website history. The abuser may control the finances and tries to tell the victim how to dress, who to talk to, and where to go.

QUICK INVOLVEMENT

The abuser comes on strong at the beginning of the relationship, pressuring for a commitment and claims “Love at first sight” or “You’re the only person I could ever talk to,” or “I never met anyone like you before.” Often, in the beginning of a relationship, the abuser is very charming and romantic and the love is intense.

UNREALISTIC EXPECTATIONS

Abusers expect their partners to meet all their needs and be “perfect.” They may say things like “If you love me, then I’m all you need.”

ISOLATION

The abuser tries to keep the victim from friends and family by putting down everyone the victim knows, including their family and friends. They may keep the victim from going to work or school.

BLAMES OTHERS FOR THEIR PROBLEMS AND FEELINGS

The abuser does not take responsibility for their problems, blaming others (usually the victim) for almost everything (“you made me mad”).

HYPERSENSITIVITY

An abuser is easily insulted and takes everything as a personal attack and blows things out of proportion.

CRUELTY TO ANIMALS OR CHILDREN

The abuser may punish animals brutally or be insensitive to their pain. They may have unfair expectations of children or tease them until they cry.

“PLAYFUL” USE OR FORCE IN SEX

The abuser may throw or hold their partner down during sex, may pressure their partner into having sex, may demand sex when their partner is tired or ill or doesn’t want to have sex. They may ask the victim to do things they do not want to.

VERBAL ABUSE

The abuser says cruel and harmful things to their victim, degrades them, curses at them, calls them names, or puts down their accomplishments. The abuser tells their victims they are stupid, and unable to function without them. They embarrass and put down the victim in front of others as well.

RIGID SEX ROLES

The abuser believes in rigid gender roles and sees women as inferior to men and unable to have their own identity. They may see men as the “master of his castle.”

DR. JECKYL AND MR. HYDE

The abuser experiences severe mood swings and the victim may think the abuser has a mental health problem. One minute they can be charming and sweet and the next minute they become angry and explosive. Explosiveness and moodiness are typical of people who beat their partners.

PAST BATTERING

The abuser has a history of past battering of partners and although they may admit to that, they say their previous partner provoked them to do it. A batterer will beat any partner they are with if the person is with them long enough for the violence to begin; situational circumstances do not cause a person to have an abusive relationship.

THREATS OF VIOLENCE

This includes any threat or physical force meant to control the victim: “I’ll kill you,” or “I’ll break your neck” or “If you ever leave, I’ll kill you.”

BREAKING OR STRIKING OBJECTS

This behavior is used as a punishment (breaking treasured possessions), but is mostly used to terrorize the victim into submission. The abuser may break or strike objects near the victim to frighten them.

ANY FORCE DURING AN ARGUMENT

The abuser may hold the victim down, restrain them from leaving the room, may push, shove, or hold them against a wall.

(Source: Project for Victims of Family Violence)

If you have questions on domestic violence, Elder abuse, teen dating violence, or stalking, please call Gloria J. Hill at 360-432-3927.

ALL CALLS ARE CONFIDENTIAL!!!





Upcoming Health Events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at Elder's Building after Lunch

Hands-On Cooking Workshop

Tuesday, June 16th at 4:00 p.m.
Health Promotion
Contact Kate for details

Diabetes Support & Education

Take time for you & diabetes
Family & friends also welcome
Thursday, June 25th
at Health Promotions
11:00 to noon & 4:00 p.m. to 5:00 p.m.

Community Health Walk

Thursday, June 18th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ
If you cannot make it to our walk,
report your 20 minutes of fitness
to Melissa to be in the drawing
for a \$50 gas card!
All SPIPA tribes will be taking a walk
in their area at the same time
for diabetes prevention!
Help us win the Walking Stick!
The tribe with the most walkers each
month wins the walking stick
for that month.
We won it in March ...
can we keep it in June?

Mammograms and Women's Health Exams

June 12th
Contact Rose Cooper (360)432-3930

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

Are you low income?
Contact Patty Suskin
to get on the waiting list to have a garden
placed in your yard – for FREE.

Free Pilates classes

Community members welcome
Mondays and Wednesdays
4:00 - 5:00 p.m. at Health Promotions

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule
a family & friends session

Come Visit

our Health Promotions Programs

We have exercise videos
(Sit & Be Fit, Yoga,
Walk Away the Pounds & more)
in building across from clinic
Work out alone, with us
or schedule a time for a group

Interested in our Nationally Recognized Lifestyle Balance Program?

If you are ready to lose weight
and be healthier,
we can provide the support
If you are Native American and over 18,
see if you qualify to participate.

Health Fair

June 19th
BBQ Dinner at 5:00 p.m.
Community & teen dancing after dinner
For more details, contact
Janita Johnson 432-3972 or
Melissa Grant 432-3926

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929
or
Kate Dugan (360)432-3884

Free Kayak Discovery Wednesday Nights at Marathon Park!

Try out Kayaks for free!
5:00 p.m. to 7:00 p.m.

(Marathon Park is at one edge of Capitol
Lake in Olympia)

June 3
June 10
June 17
& all Wednesdays in July!

For more info., contact Alpine Experience
at 360-956-1699

Congratulations Raffle Winners



Mary Fletcher
March Women's Health

Cutting back on pop?

Pick something else besides diet pop.

Do you drink diet pop to keep off the pounds? Try another tactic. Pop (regular or diet) may increase your risk of metabolic syndrome, a group of symptoms that includes high levels of belly fat, blood sugar, and cholesterol.

To satisfy a sweet tooth for just a few calories try:

Mix fresh-cut fruit (like berries or citrus) with seltzer water.

Squeeze a little lemon juice in your water.

Freeze a little water in a water bottle in the freezer.

Add a few drops of juice to your water.

Try plain or flavored, brewed tea.

Put frozen fruit in water for extra flavor.

Try sparkling or seltzer water or club soda.

Keep a pitcher of water in the the fridge.



Meal Program Entrees June 2009

Mon. 1 - Vegetable & Pork Stir Fry
Wed. 3 - Hot Turkey Sandwich
Thurs. 4 - Sloppy Joes

Mon. 8 - Chicken Fajitas
Wed. 10 - Ham & Scalloped Potatoes
Thurs. 11 - Soup & Sandwich

Mon. 15 - Baked Potato Bar & Chili
Wed. 17 - Crab Cakes
Thurs. 18 - Meatloaf

Mon. 22 - Grilled Cheese & Soup
Wed. 24 - Swiss Steak
Thurs. 25 - Tuna Casserole

Mon. 29 - Chalupa

Menu Subject to Change



Happy Birthday

Jenene Miller-Todd	01	Paula Henry	08	Ronald Whitener	17	Alexander Smith	22
Alonzo Grant	01	Elizabeth Seymour	08	Jackson Cruz	17	Rose Blueback	22
Alexandrea Cooper- Lewis	01	Kimberly Peterson	09	Kamela Byrd	18	Monica Nerney	22
Julia Austin	03	George Sumner	09	Tasha Rodriguez	18	Tamika Green	23
Rocky Bloomfield	03	Laken Bechtold	09	Daniel Napoleon	18	Christopher Cain	24
Jayde Smith	03	Julie Van Horn	09	Thomas Farron	19	Joanne Decicio	25
Francis Peterson	03	Pamela Hillstrom	09	Vicki Kruger	19	Katherine Smith	25
Tyrone Krise	03	Tamie Rioux	10	Andrea Wilbur	19	Andrew Barker	26
Victoria Rodriguez	04	Alex Ehler	11	Nicholas Armas	19	Candace Sumner	26
Wendy Harding	04	Brandon Greenwood	12	Jacob Johns	19	Arthur Pleines	26
James Sen	04	Teresa Ford	13	Andrea Shirck	19	Geraldine Bell	27
Malachi Johns	04	Raymond Henry	14	Verna Henry, II	20	Robert Cooper	27
Emily Whitener	05	Ana Pinon	14	Eugene Galos	20	Jeremiah George	28
Debra Tennis	05	Janette Sigo	14	Shelby Todd	20	Charles Bloomfield, Jr.	28
Julie Goodwin	05	Stephanie Tompkins	14	Jason Longshore	20	Hurricane James	28
Alyana Van Horn	06	Kylind Powell	15	Donald Whitener	20	Jessica Cruz	29
Dominique Mc Farlane	06	Casey Brown	15	Rod Schuffenhauer	21	Zachary Hetzler II	29
David Elam	07	Dorothy Nelson	16	Wynn Clementson	21	Kaitlyn Burrow	29
David Krise	07	Andrew Sigo	16	Kyleigh Peterson	21	Neekie Perez	30
Kim Olson	07	Trent Brown	16	Beau Henry	21	Dakota Lorentz	30
Randall Aldrich	07	Yvonne Bell	16	Jaime McFarlane	21	Joshua Mason	30
Trisha Blueback	07	Kristin Penn	16	Fleet Johns	21		
Lori Hoskins	08	Kevin Bloomfield	17	Laurinda Thomas	21		

What's Happening

	1	2	3	4	5	6
	Veterans Meeting 10:00 a.m.		Family Court	AA Meeting 7:30		
7	8	9	10	11	12	13
		Criminal/Civil Court		Council Mtg. AA Meeting 7:30		
14	15	16	17	18	19	20
				AA Meeting 7:30		
21	22	23	24	25	26	27
		Criminal/Civil Court		Council Mtg. AA Meeting 7:30	Sgwi' Gwi 5 p.m. Events Center	
28	29	30	Squaxin Bible Study Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court Pastors Ron and Kathy Dailey			



Roy Perez

“One of my friends asked me if I get any visits, I told him no. He said I’m Dead. It took me a minute to realize what he meant, I’m dead to people out there.”

Quote from a letter written by Magdelano (Roy) Perez, April 2009.

Requested to be placed in Klah-Che-Min tribal newsletter by an anonymous tribal member.



COMMUNITY



Happy Birthday Shaiann!!!
Love - Gramma Sue, Wicket and the Kids

Happy Birthday Happy Birthday
Dad / Uncle Marvin!!!
Always - Wicket & Melissa

Happy Birthday Dad & Tiffany!!!
Love - Wicket & the Kids

A Very Happy 53rd Birthday
To My Baby Brother, Ray!!!
Love Barb & the Whole Family



Happy 9th Birthday Lay Lay!!!
We Love You!
Love, Mom, Dad, AJ and Damian

Happy Belated 4th B-Day AJ!!!
Love, Mom, Dad, Lay Lay and Damian

A Very Happy Birthday
to My Sweet, Sweet Girl, Joanne
Happy 45th Birthday, Honey!



L-R: Vinny, Joanne, Mom and Gramps



Love You Lots!
Love Mom & the Whole family

Happy Birthday Viola and Sonia!!!
Much Love Always - Wicket & Kids

Welcome to Our World
Jaidon Israel Henderson



Born to Mike and Jaimie Henderson
May 7th @ 12:47 p.m.
at Capitol Medical Center
Weighing 8 Pounds, Seven Ounces
and 20 inches in Length!
Dad's little clone (see Mike below :-)

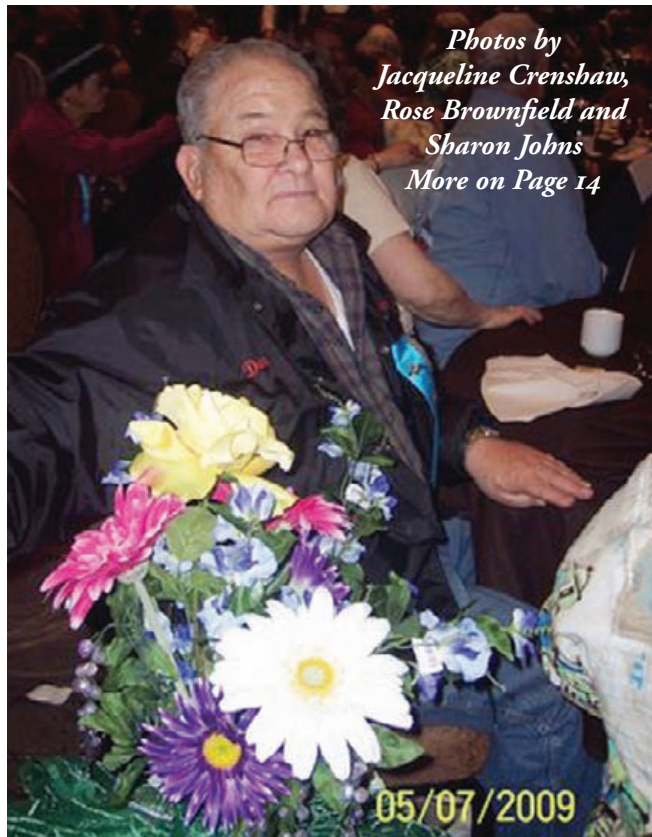


Shirley,
Thank you for your continuous support
in our weekly basket weaver classes!



- From Ruth

Elders Visit Tulalip



Photos by
Jacqueline Crenshaw,
Rose Brownfield and
Sharon Johns
More on Page 14



Our Entertainment Speaks For Itself

Entertainment Line-Up

Carnage at the Creek VI
June 6th • 7pm

A Jimmy Buffett Tribute
June 27th • 8pm

Gabriel Iglesias
July 24th • 8pm

Bill Engvall
September 5th • 7pm & 9:30pm

Beach Boys
September 17th • 8pm

Visit our website for tickets and details!

LITTLE CREEK
CASINO • RESORT
www.little-creek.com or call 800-667-7711
Must be 21 and over. For skyboxes call 432-7043. Minutes North of Olympia on Hwy 101